

KAISER PERMANENTE

GWINNETT MEDICAL
OFFICE CENTER
3650 STEVE REYNOLDS
BLVD.
DULUTH GA 30096-4506
GA HIM ROI ALMR

Menefee, Kellie L
MRN: 0947578, DOB: [REDACTED]
Visit date: 7/31/2020

Sex: F

- Do not shave the surgical site yourself.
- Take off all jewelry and piercings. And take out contact lenses, if you wear them.

At the hospital or surgery center



- Bring a picture ID.
- You will be kept comfortable and safe by your anesthesia provider. The anesthesia may make you sleep. Or it may just numb the area being worked on.
- The surgery will take 30 minutes to 1 hour.

Going home



- Be sure you have someone to drive you home. Anesthesia and pain medicine make it unsafe for you to drive.
- You will be given more specific instructions about recovering from your surgery. They will cover things like diet, wound care, follow-up care, driving, and getting back to your normal routine.

When should you call your doctor?

- You have questions or concerns.
- You don't understand how to prepare for your surgery.
- You become ill before the surgery (such as fever, flu, or a cold).
- You need to reschedule or have changed your mind about having the surgery.

Where can you learn more?

Go to <http://kp.org/health>

Enter **F046** in the search box to learn more about "**Hemorrhoidectomy: Before Your Surgery.**"

Current as of: November 7, 2018

Content Version: 12.2

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Encounter-Level Documents:

There are no encounter-level documents.

Order-Level Documents:

There are no order-level documents.

All Flowsheet Data (all recorded)**Encounter Vitals**

Row Name	07/31/20 1540	07/31/20 1542
Enc Vitals		
BP	(t) 141/75 -JC	(t) 136/90 -JC
Pulse	99 -JC	99 -JC
Resp	18 -JC	—
Temp	98.5 °F (36.9 °C) -JC	—
Temp site	Oral -JC	—
SpO2	98 % -JC	—
Weight	200 lb (90.7 kg) -JC	—
Height	5' 7" (1.702 m) -JC	—

Custom Formula Data

Row Name	07/31/20 1540	07/31/20 1542
OTHER		
BSA	2.07 -JC	—
(System Calculated)		
Mean Arterial Pressure (MAP)	97 -JC	105 -JC
Body Mass Index	31.32 -JC	—
Body Mass Index	31 -JC	—
Ideal Body Weight (calculated)	61.6 -JC	—

Lactation

Row Name	07/31/20 1541
OTHER	
Breastfeeding Status	No -JC

User Key

(r) = Recorded By, (t) = Taken By, (c) = Co-signed By

Initials	Name	Effective Dates	Provider Type	Discipline
JC	Jeanette C Crawford Lpn	05/18/14 -	LICENSED PRACTICAL NURSE	—

END OF ENCOUNTER

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GUIDE TO DOCUMENTATION WITHIN THE MEDICAL RECORD

DOCUMENT HEADER

- Appears at the top of each page
- Identifies facility where services were rendered
- Identifies patient name, medical record number (MRN), date of birth and sex
- Displays admission & discharge date for each encounter

DOCUMENT FOOTER

- Appears at the bottom of each page
- Displays Kaiser Permanente
- Patient name and MRN
- Page number displays

SCANNED DOCUMENTS VIEW

- Encounter Level Documents
- Order-Level Documents
- Patient-Level Documents

ADMISSION DISCHARGE & TRANSFER (ADT) FACESHEET

- Hospital Account Information
- Admission Information
- Demographic Information
- Provider Information
- Patient Valuables
- Last Admit Date
- MRN Number

EMERGENCY DEPARTMENT (ED) AFTER VISIT SUMMARY DIAGNOSIS

- After visit summary diagnosis for patient discharged from the Emergency Department

EMERGENCY DEPARTMENT (ED) VISIT DISPOSITION

- Patient discharge disposition for patient seen in the Emergency Department

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EMERGENCY DEPARTMENT (ED) PATIENT INSTRUCTIONS

- Instructions provided to patient seen in the Emergency Department

EMERGENCY DEPARTMENT (ED) PROVIDER NOTES

- Physician provider notes provided to patient seen in the Emergency Department

HOSPITAL OUTPATIENT VISIT (HOV) PATIENT INSTRUCTIONS

- Instructions provided to patient seen in an Outpatient Department

INPATIENT (IP) DISCHARGE SUMMARY NOTES

- Discharge summary notes for the encounter

HISTORY & PHYSICAL (H&P) NOTES

- History and physical notes for the encounter

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- Transcribed notes for the encounter

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PROGRESS NOTES

- Progress notes in date order from admission to discharge

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- Initial assessment notes for the encounter

DISCHARGE PLANNING INITIAL ASSESSMENT NOTES

- Discharge planning initial assessment notes for the encounter

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OPERATIVE SECTION

- OR surgeon notes
- Anesthesia Pre-op notes
- Anesthesia Post-op notes
- Multi-Discipline Progress notes

PHYSICIAN ORDERS

- Physician orders for the entire encounter

ALLERGIES

- Allergy list with dates for the encounter

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- Legend for term 'Specimen' on Laboratory Results Report: The date/time listed after the heading "Specimen" is the actual collection date/time for the specific specimen noted
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- Radiology results for the encounter

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- Patient problems for the encounter

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- Patient education for the encounter

MULTI-DISCIPLINARY PROBLEMS

- Patient multi-disciplinary problems with goals for the encounter

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- Care plan event log for the encounter

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INPATIENT FLOWSHEET

- Inpatient flowsheets for the encounter

MEDICATION ADMINISTRATION RECORD (MAR)

- Medications ordered and administered for the encounter

IP DISCHARGE INSTRUCTIONS

- Discharge instructions provided to patient

Telephone Appointment Visit		Kellie L Menefee		
8/5/2020		MRN: 0947578		
Visit Information				
Date & Time	Provider	Department	Dept. Phone	Encounter #
8/5/2020 9:40 AM	Do Kenyatta Dean V, D.O.	Gwinnett Internal Medicine	404-365-0966	130330893
Reason for Call/Visit				
KNEE PAIN				
Encounter Information				
Date & Time	Provider	Department	Encounter #	Center
8/5/2020 9:40 AM	Do Kenyatta Dean V, D.O.	Gw Internal Medicine A	130330893	GWI
Call Documentation				
No notes of this type exist for this encounter.				
All ACC Notes				
Progress Notes by Do Kenyatta Dean V, D.O. at 8/5/2020 8:45 AM				Version 1 of 1
Author: Do Kenyatta Dean V, D.O.	Service: —	Author Type: Physician		
Filed: 8/5/2020 10:03 AM	Encounter Date: 8/5/2020	Status: Signed		
Editor: Do Kenyatta Dean V, D.O. (Physician)				

TELEPHONE APPOINTMENT VISIT (TAV) -- 9:45 AM

Kellie L Menefee is a 54 year old female

Reason for TAV: KNEE PAIN

There are no preventive care reminders to display for this patient.

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Visit date: 8/5/2020

All ACC Notes (continued)

Progress Notes by Do Kenyatta Dean V, D.O. at 8/5/2020 9:45 AM (continued)

Version 1 of 1

Member verified by dob and mrn

PHONE VISIT DOCUMENTATION:

Spoke with Kellie Menefee. She was seen by video ACC on 8/3 for right knee pain after she fell off a barstool onto the knee. Her knee xray showed no fractures. She was told to ice and take ibuprofen. She Also hit right elbow but that is improving. No relief with ibuprofen.

Past Medical History:

Diagnosis	Date
• ANXIETY	1993
• DEPRESSION, UNSPECIFIED	1993
• SINUSITIS	1997

Past Surgical History:

Procedure	Laterality	Date
• CESAREAN SECTION		1983, 1992
• COLONOSCOPY W REMOVAL OF LESION USING SNARE		5/23/2014
• PAST SURGICAL HISTORY, OTHER sinus surgery		2006

ASSESSMENT:

Diagnoses considered during this encounter:

Encounter Diagnoses

Code	Name	Primary?
• M25.561	RIGHT KNEE JOINT PAIN	
• Z51.89	AFTERCARE FOLLOWING ED VISIT	

PLAN:

Orders Placed This Encounter

Procedure
• Referral family practice external.
• Prednisone 10 mg oral tab

Time spent with patient or guardian over the phone was 15 minutes.

Electronically signed by:

Kenyatta V Dean, DO

8/5/2020

9:45 AM

Encounter Messages

No messages in this encounter

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Encounter Messages (continued)

Questionnaires

No completed forms available for this encounter.

Diagnosis

RIGHT KNEE JOINT PAIN [543930]
AFTERCARE FOLLOWING ED VISIT [644976]

Comments

All Orders and Results

No orders and results found

Audit Trail for Eye Care Forms

Medications the Patient Reported Taking

prednISONE (DELTASONE) 10 mg Oral Tab (Taking)
Hydrocortisone 2.5 % Top Crea (Taking)
Zolpidem (AMBIEN) 10 mg Oral Tab (Taking/Discontinued)
ALPRAZolam (XANAX) 1 mg Oral Tab (Taking/Discontinued)
levonorgestrel/ethin.estradiol (PORTIA 28) 0.15-0.03 mg Oral Tab (Taking)
EPINEPHrine (ADRENALIN/EPIPEN) 0.3 mg/0.3 mL Inj AutoInjector (Taking)

Most Recent Medication Comments

Vit E 10/09/15 SP

Prescriptions Ordered This Encounter

	Disp	Refills	Start	End
prednISONE (DELTASONE) 10 mg Oral Tab Sig: TAKE 1 TAB PO BID FOR 5 DAYS Route: Oral	10	0/0	8/5/2020	8/4/2024

Social Documentation as of 8/5/2020

No social documentation on file.

Patient Instructions

Return for Care: Return in about 1 month (around 9/5/2020) for if not improving.

Knee Pain

Your Kaiser Permanente Care Instructions

There are many different causes of knee pain. Lots of knee pain is caused by using your knee too much. If you injured your knee before, or if you are an older adult, you may be developing arthritis in your knee.

After examining you, your doctor or other clinician believes that your knee pain can be treated at home. To be sure that there is not a problem inside the knee joint, your doctor or other clinician may order further tests.

How can you care for yourself at home?

- Take pain medicines exactly as directed.
- If the doctor or other clinician gave you a prescription medicine for pain, take it as prescribed.
- If you are not taking a prescription pain medicine, take an over-the-counter pain medicine such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin), or naproxen (Aleve) as needed. Read and follow all instructions on the label.
- Rest and protect your knee. Take a break from any activity that may cause pain.
- Put ice or a cold pack on your knee for 10 to 15 minutes at a time. Put a thin cloth between the ice and your skin.
- Prop up a sore knee on a pillow when you ice it or anytime you sit or lie down for the next 3 days. Try to

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keep it above the level of your heart. This will help reduce swelling.

- If your doctor or other clinician recommends an elastic bandage, sleeve, or other type of support for your knee, wear it as directed.
- If your knee is not swollen, you can put moist heat, a heating pad, or a warm cloth on your knee.
- After several days of rest, you can begin gentle exercise of your knee.

Follow-up care is a key part of your treatment. Be sure to make any suggested appointments and go to all scheduled visits. Watch for signs that you are not getting better as expected, and call your doctor or other clinician if you have concerns.

When should you call 911?

If you think you are experiencing a medical emergency, call 911 immediately or seek other emergency services. Examples of symptoms that may be an emergency include:

- You have sudden chest pain, shortness of breath, and cough up blood.

When should you call Kaiser Permanente?

- You have increasing or severe pain.
- You cannot move your knee.
- You cannot stand or put weight on your knee.
- You have signs of infection, such as:
 1. Increased pain, swelling, warmth, or redness.
 2. Red streaks leading from the sore area.
 3. Pus draining from the area.
 4. Fever.
- You have signs of a blood clot, such as:
 1. Pain in your calf, back of knee, thigh, or groin.
 2. Redness and swelling in your leg or groin.
- You have bruises from a knee injury that last longer than 2 weeks.

How can you learn more about knee pain?

- Log on: members.kp.org. Search for knee pain in the Health encyclopedia.
- Look in: Kaiser Permanente Healthwise Handbook.

Your Kaiser Permanente Care Instructions adapted from Healthwise, Incorporated (c) 2005. All rights reserved.

Encounter-Level Documents:

There are no encounter-level documents.

Order-Level Documents:

There are no order-level documents.

Follow-up and Disposition

Return in about 1 month (around 9/5/2020) for if not improving.

Follow-up and Disposition History

08/05/2020 1001 - Dr. Kenyatta Dean V, D.O.

Dispositions: Return in about 1 month (around 9/5/2020) for if not improving.

All Flowsheet Data (all recorded)

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All Flowsheet Data (all recorded) (continued)

No documentation.

END OF ENCOUNTER

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- Demographic Information
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- Last Admit Date
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- Physician provider notes provided to patient seen in the Emergency Department

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- Discharge summary notes for the encounter

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- OR surgeon notes
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PHYSICIAN ORDERS

- Physician orders for the entire encounter

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- Allergy list with dates for the encounter

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- Care plan event log for the encounter

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INPATIENT FLOWSHEET

- Inpatient flowsheets for the encounter

MEDICATION ADMINISTRATION RECORD (MAR)

- Medications ordered and administered for the encounter

IP DISCHARGE INSTRUCTIONS

- Discharge instructions provided to patient

Office Visit 8/24/2020		Kellie L. Menefee MRN: 0947578		
Visit Information				
Date & Time 8/24/2020 10:10 AM	Provider Md Mba Jeffrey R Root, M.D.	Department Gwinnett Surgery	Dept Phone 404-365-0966	Encounter # 129755439
Reason for Call/Visit HEMORRHOIDS				
Encounter Information				
8/24/2020 10:10 AM	Provider Md Mba Jeffrey R Root, M.D.; GW SURG AND RM	Department Gw Surgery	Encounter # 129755439	Center GWI
Call Documentation No notes of this type exist for this encounter.				
Vitals Most recent update: 8/24/2020 10:26 AM				
BP 134/100 [†]	Pulse 124	Temp 98.8 °F (37.1 °C) (Oral)	Resp 18	Ht 5' 8" (1.727 m)
Wt 187 lb 4.8 oz (85 kg)				
All ACC Notes				
Progress Notes by Md Mba Jeffrey R Root, M.D. at 8/24/2020 10:55 AM Version 1 of 1				
Author: Md Mba Jeffrey R Root, M.D.		Service: —		Author Type: Physician
Filed: 8/24/2020 10:58 AM		Encounter Date: 8/24/2020		Status: Signed
Editor: Md Mba Jeffrey R Root, M.D. (Physician)				

History of bleeding hemorrhoids. Referred for surgery consult. Fleg sig in 2018 reviewed with patient. Tags.

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All ACC Notes (continued)

Progress Notes by Md Mba Jeffrey R Root, M.D. at 8/24/2020 10:55 AM (continued)

Version 1 of 1

Internal hemorrhoids. Consented for rubber band ligation. We discussed hemorrhoids previous phone appointment. Int v ext. Consented and agreed as first line procedural management.

Prone position on table. External tags. No hemorrhoids. Tissues soft. Internal one prominent with small blood noted on right posterior aspect. Other smaller. No other site of bleeding.

Rubber band deployed with suction- two bands deployed. Min bleeding. Inspected. Good result. No pain. Some pressure. Tolerated.

Follow up in 2-3 weeks re-eval for additional treatment if needed. Some oozing normal. Brochure on hemorrhoids provided. Thank you.

Encounter Messages

No messages in this encounter

Questionnaires

No completed forms available for this encounter.

Diagnosis

BLEEDING INTERNAL HEMORRHOID [517978]

Comments

All Orders and Results

No orders and results found

Audit Trail for Eye Care Forms

Medications the Patient Reported Taking

Zolpidem (AMBIEN) 10 mg Oral Tab (Taking/Discontinued)

ALPRAZOLAM (XANAX) 1 mg Oral Tab (Taking/Discontinued)

levonorgestrel/ethin.estradiol (PORTIA 28) 0.15-0.03 mg Oral Tab (Taking)

Escitalopram (LEXAPRO) 20 mg Oral Tab (Taking/Discontinued)

Most Recent Medication Comments

Vit E 10/09/15 SP

Social Documentation as of 8/24/2020

No social documentation on file.

Patient Instructions

No instructions given.

Encounter-Level Documents:

There are no encounter-level documents.

Order-Level Documents:

There are no order-level documents.

All Flowsheet Data (all recorded)

Encounter Vitals

Row Name	08/24/20 1024	08/24/20 1026

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All Flowsheet Data (all recorded) (continued)

Encounter Vitals (continued)

Row Name	08/24/20 1024	08/24/20 1026
Enc Vitals		
BP	(I) 139/96 -NY	(I) 134/100 -NY
Pulse	124 -NY	—
Resp	18 -NY	—
Temp	98.8 °F (37.1 °C) -NY	—
Temp site	Oral -NY	—
Weight	187 lb 4.8 oz (85 kg) -NY	—
Height	5' 8" (1.727 m) -NY	—
OTHER		
BP Location	LA-LEFT ARM -NY	—

Custom Formula Data

Row Name	08/24/20 1024	08/24/20 1026
OTHER		
BSA	2.02 -NY	—
(System Calculated)		
Mean	110 -NY	111 -NY
Arterial Pressure (MAP)		
Body Mass Index	28.48 -NY	—
Body Mass Index	28 -NY	—
Ideal Body Weight (calculated)	63.9 -NY	—

User Key

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Initials	Name	Effective Dates	Provider Type	Discipline
NY	Nakia Young Lpn	07/01/16 -	LICENSED PRACTICAL NURSE	—

END OF ENCOUNTER

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- Anesthesia Post-op notes
- Multi-Discipline Progress notes

PHYSICIAN ORDERS

- Physician orders for the entire encounter

ALLERGIES

- Allergy list with dates for the encounter

LAB RESULTS

- Legend for term 'Specimen' on Laboratory Results Report: The date/time listed after the heading "Specimen" is the actual collection date/time for the specific specimen noted
- Laboratory results for the encounter

RAD RESULTS

- Radiology results for the encounter

PROBLEM LIST

- Patient problems for the encounter

PATIENT EDUCATION

- Patient education for the encounter

MULTI-DISCIPLINARY PROBLEMS

- Patient multi-disciplinary problems with goals for the encounter

CARE PLAN EVENT LOG

- Care plan event log for the encounter

KAISER PERMANENTE

GWINNETT MEDICAL
OFFICE CENTER
3650 STEVE REYNOLDS
BLVD.
DULUTH GA 30096-4506
GA HIM ROI ALMR

Menefee, Kellie L
MRN: 0947578, DOB: [REDACTED] Sex: F
Visit date: 1/6/2021

INPATIENT FLOWSHEET

- Inpatient flowsheets for the encounter

MEDICATION ADMINISTRATION RECORD (MAR)

- Medications ordered and administered for the encounter

IP DISCHARGE INSTRUCTIONS

- Discharge instructions provided to patient

Telephone Appointment Visit 1/6/2021		Kellie L. Menefee MRN: 0947578		
Visit Information				
Date & Time 1/6/2021 3:00 PM	Provider Md Shrinesh Patel V, M.D.	Department Gwinnett Internal Medicine	Dept. Phone 404-365-0966	Encounter # 134618473
Reason for Call/Visit DIARRHEA				
Encounter Information				
1/6/2021 3:00 PM	Provider Md Shrinesh Patel V, M.D.	Department Gw Internal Medicine A	Encounter # 134618473	Center GWI
Call Documentation No notes of this type exist for this encounter.				
All ACC Notes				
Progress Notes by Md Shrinesh Patel V, M.D. at 1/6/2021 3:22 PM				Version 1 of 1
Author: Md Shrinesh Patel V, M.D.	Service: —	Author Type: Physician		
Filed: 1/10/2021 12:53 PM	Encounter Date: 1/6/2021	Status: Signed		
Editor: Md Shrinesh Patel V, M.D. (Physician)				

TELEPHONE APPOINTMENT VISIT (TAV) -- 3:22 PM

Kellie L Menefee is a 55 year old female

Reason for TAV:
covid 19

KAISER PERMANENTE

GWINNETT MEDICAL
OFFICE CENTER
3650 STEVE REYNOLDS
BLVD.
DULUTH GA 30096-4506
GA HIM ROI ALMR

Menefee, Kellie L
MRN: 0947578, DOB: [REDACTED] Sex: F
Visit date: 1/6/2021

All ACC Notes (continued)

Progress Notes by Md Shrinesh Patel V, M.D. at 1/6/2021 3:22 PM (continued)

Version 1 of 1

PHONE VISIT DOCUMENTATION:

covid 19 + 2 days ago on kaiser test

She has poor appetite, not vomiting but slight nausea, +diarrhea 4-5 per day;

drinks water; fatigue

No fevers, no body aches

No cough or sore throat; does have slight runny nose due to sinus issues

States has irritated hemorrhoid due to diarrhea

Takes vitamin D , zinc, vitamin C

ASSESSMENT:

Diagnoses considered during this encounter:

Encounter Diagnoses

Code	Name	Primary?
• R11.0	NAUSEA	
• R19.7	DIARRHEA	

PLAN:

Orders Placed This Encounter

Procedure

- Ondansetron 4 mg oral rap dis tab
- K-tab 10 meq oral sr tab

Electronically signed by:

Shrinesh V Patel, MD

1/6/2021

3:22 PM

Encounter Messages

No messages in this encounter

Questionnaires

No completed forms available for this encounter.

Patient Statement Inquiry

Patient : 140913539 - Menefee, Kellie L

Date	Type	Description	Units	Amount
08-11-2020	97161	Evaluation, Low Complexity	1.00	172.00
	97530	Therapeutic Activities	1.00	68.00
	97535.59	Self Care/Home Management Training	1.00	68.00
	97110	Therapeutic Procedure	1.00	74.00
08-18-2020	97530.59	Therapeutic Activities	1.00	68.00
	97535.59	Self Care/Home Management Training	1.00	68.00
	97110.59	Therapeutic Procedure	1.00	74.00
	97140.59	Manual Therapy Techniques	1.00	70.00
	97150	Therapeutic Procedures, Group	1.00	40.00
09-25-2020	97164.59	Reevaluation	1.00	95.00
	97530.59	Therapeutic Activities	1.00	68.00
	97535.59	Self Care/Home Management Training	1.00	68.00
	97112	Neuromuscular Reeducation	1.00	66.00
	97110	Therapeutic Procedure	1.00	74.00
	97140	Manual Therapy Techniques	1.00	70.00
10-16-2020	97530.59	Activities	1.00	68.00
	97535.59	Self Care/Home Management Training	1.00	68.00
	97112	Neuromuscular Reeducation	1.00	66.00
	97110	Therapeutic Procedure	1.00	74.00

Patient Statement Inquiry

Patient : 140913539 - Menefee, Kellie L

Date	Type	Description	Units	Amount
	97140	Manual Therapy Techniques	1.00	70.00
10-23-2020	97530.59	Therapeutic Activities	1.00	68.00
	97535.59	Self Care/Home Management Training	1.00	68.00
	97112	Neuromuscular Reeducation	1.00	66.00
	97110	Therapeutic Procedure	1.00	74.00
	97140	Manual Therapy Techniques	1.00	70.00
11-20-2020	97530.59	Therapeutic Activities	1.00	68.00
	97535.59	Self Care/Home Management Training	1.00	68.00
	97112	Neuromuscular Reeducation	1.00	66.00
	97110	Therapeutic Procedure	1.00	74.00
	97140	Manual Therapy Techniques	1.00	70.00
12-02-2020	97530.59	Therapeutic Activities	2.00	136.00
	97112	Neuromuscular Reeducation	1.00	66.00
	97140	Manual Therapy Techniques	1.00	70.00
12-04-2020	97530.59	Therapeutic Activities	2.00	136.00
	97112	Neuromuscular Reeducation	1.00	66.00
	97140	Manual Therapy Techniques	1.00	70.00



**KAISER
PERMANENTE**

Referral Summary

Referral Status: Authorized

Decision Date: Aug 5, 2020
Expiration Date: Feb 1, 2021

Medical Record #: 0947578

MENEFE, KELLIE L

Priority: Routine

Referral #: 205193769

Referred by: Do Kenyatta Dean V

To Provider: Physiotherapy Associates In*

Specialty: Physical Therapy

Aug 6, 2020

Referral date: 08/05/2020

Type: Outpatient Service

Source Loc/POS: GWINNETT MEDICAL OFFICE *

To Loc/POS: PHYSIOTHERAPY ASSOCIATES*

Reason: Service Not Available at*

Visits:

	Total Visits
Requested	1
Authorized	1
Scheduled	
Used	
AP Claims	

Diagnosis Codes:

719.46 (ICD-9-CM) - M25.561 (ICD-10-CM) - RIGHT KNEE JOINT PAIN

Procedure codes:

(Canceled) 239236 - REFERRAL FAMILY PRACTICE EXTERNAL.

97161 (CPT*) - PHYSICAL THERAPY EVALUATION LOW COMPLEX 20 MINS

97162 (CPT*) - PHYSICAL THERAPY EVALUATION MOD COMPLEX 30 MINS

97163 (CPT*) - PHYSICAL THERAPY EVALUATION HIGH COMPLEX 45 MINS

97164 (CPT*) - PHYSICAL THERAPY RE-EVAL EST PLAN CARE 20 MINS

Revenue codes:

Note Detail

Note Type: Letter

Entered By: WATT, TENILLE N.

on 08/05/2020

Summary: Auto: Notification Recipient List

Kellie L Menefee

Sent: Letter

Note Type: Letter

Entered By: WATT, TENILLE N.

on 08/05/2020

Summary: Auto: 86010-QRM MBR RFL FORM 2013-4

Kaiser Permanente

Quality Resource Management Department

3495 Piedmont Road, NE

Atlanta, GA 30305

8/5/20

KELLIE L MENEFE

4787 CEDAR WOOD DR SW

Printed by SHEFFIELD, KAREN E [P808244]

8/6/2020

Menefee, Kellie L (MR#0947578) Printed by SHEFFIELD, KAREN E [P808244]

LILBURN GA 30047-4294

This is an important notice informing you that a referral has been approved from Kenyatta V Dean, DO on 08/05/2020. Please see information below:

Member Name:
KELLIE L MENELEE

Member Home Phone:

Member Mobile Phone

Referred to Provider:
PHYSIOTHERAPY ASSOCIATES INC

Special Member Instructions: To obtain the specialty service you have requested, please do the following:

? Make an appointment with your provider for the office visit, test, or procedure.

Matrix / Physiotherapy Associates
Progressive Sports Medicine
(H)- Hand Therapy
(A)-Aquatic Therapy

Atlanta/West Paces (H) Atlanta
3200 Downwood Cir NW Ste 350 17 Executive Park South, STE 680
Atlanta, GA 30327 Atlanta, GA 30329
(404)355-2913/fax 404-351-1684 (404)364-9551/fax 404-261-0617

Atlanta/Lake Hearn (Spanish)(A) Cartersville
1100 Lake Hearn Dr. NE, Ste 130 695 Henderson Drive
Atlanta, GA 30342 Cartersville, GA 30120
(404)303-0355/fax 404-303-7757 770-386-6300/fax 770-382-0491

Atlanta/Buckhead at 25th ST Atlanta/Windy Hill (Spanish)
1720 Peachtree St NW, Suite 422 1995 North park Place, SE, Suite 410
Atlanta, GA 30309 Atlanta, GA 30339
(404)733-1936/fax 404-733-1940 (770)850-0390/fax 770-818-9762

Acworth/Kennesaw Alpharetta/Duluth
3105 Creekside Village Dr., Suite 701 3680 Pleasant Hill Rd., Suite 101
Kennesaw, GA 30144 Duluth, GA 30096
(678)574-6868/fax 678-574-6141 (770)813-5575/fax 770-813-0032

Alpharetta/Windward Parkway Athens
488 North Main St., Ste 204 723 Baxter Str, Suite B
Alpharetta, GA 30009 Athens, GA 30605
(770)619-5801/fax 770-619-5806 (706)355-3035/fax 706-355-3039

Buford/Lanier Buford/Sugar Hill
3919 Carter Rd., Suite A 4700 Nelson Brogdon Blvd. suite 240
Buford, GA 30518 Sugar Hill, GA 30518
(770)614-5772/fax 770-614-5991 (770)271-3188/ fax 770-271-3288

Carrollton (H) College Park (Spanish) (A)
1004 Bankhead Hwy., Bldg.A, Ste 5 1669 Phoenix Pkwy. Suite 102
Carrollton, GA 30017 College Park, GA 30349
(770)834-5609/ fax 770-834-8617 770- 907-1023 / fax 770-907- 5608

Printed by SHEFFIELD, KAREN E [P808244]

8/6/2020

Menefee, Kellie L (MR#0947578) Printed by SHEFFIELD, KAREN E [P808244]

Conyers (H) Covington
 1603 GA Hwy. 20, NE, Suite 201 9152 Highway 278 NE,
 Conyers, GA 30012 Covington, GA 30014
 (770)929-8411/ fax 770-918-1419 (678)-342-9339/ fax 678-342-9319

Cumming (H) Dacula
 100 Mountain View Dr., Ste 100 3605 Braselton Hwy., NE. Suite 101
 Cumming, GA 30040 Dacula, GA 30019
 (770)889-2163/ fax 770-889-4386 (770) 904-0772/ fax 770-904-0774

Dawsonville Decatur/Winn Way
 400 Dawson Commons Circle, Ste 430 495 Winn Way, Suite 250
 Dawsonville, GA 30534 Decatur, GA 30030
 (706)265-8790/fax 706-265-8788 (404)294-1313/fax 404-294-1318

Decatur/Tucker (H) Douglasville (H)
 1460 Montreal Road E, Suite 300 8509 Hospital Drive
 Tucker, GA 30084 Douglasville, GA 30134
 770-491-0920/ fax 770-491-0906 (770)947-5440/ fax 770-947-5445

Dunwoody Village (Spanish)(H) Evans
 5513 Chamblee Dunwoody Rd, Suite 430 400 Town Park Blvd., Suite 100
 Dunwoody, GA 30338 Evans, GA 30809
 (770)551-9633/ fax 770-698-9184 (706)854-9850/fax 706-854-9870

Hiram Jonesboro (H)
 76 Highland Pavillion Ct., Ste 185 335 Upper Riverdale Rd., Suite B10
 Hiram, GA 30141 Jonesboro, GA 30236
 (678)384-0844/fax 678-384-0845 (770)907-5743/ fax 770-907-5746

Lawrenceville (H)(A) Lilburn/Hwy 29
 601-A Professional Dr., Suite 120 4024 Lawrenceville Hwy NW Suite 19&20
 Lawrenceville, GA 30046 Lilburn, GA 30047
 (770)513-0839/fax 770-513-7850 (770)931-8686/ fax 770-931-0462

~~Lilburn/Killian Hill Lithia Springs~~
~~966A Killian Hill Rd. 665 Thornton Way, Suite B~~
~~Lilburn, GA 30047 Lithia Springs, GA 30122~~
~~(770)923-4815/fax 770-923-0901 (770)739-5888/ fax 770-739-8877~~

Lithonia Loganville/Athens Hwy
 5255 Snapfinger Park Dr., Ste 130 150 Athens Hwy., Suite 600
 Decatur, GA 30035 Loganville, GA 30052
 (770)322-7003/ fax 770-322-7630 (770)554-2307/ fax 770-554-2309

Marietta Marietta/Kennestone
 1995 North Park Place, Ste 410 335 Roselane St., Suite 201
 Atlanta, GA 30339 Marietta, GA 30060
 (770)850-0390/fax 770-818-9762 (770)514-1410/fax 770-514-8510

Marietta/East Cobb (H)(A) McDonough
 2155 Post Oak Tritt Rd., Ste 400 234 Jonesboro Road
 Marietta, GA 30062 McDonough, GA 30253
 (770)565-4044/ fax 770-565-5653 (770)954-9631/ fax 770-914-8182

Newnan Norcross (Spanish)
 40 Greenway Court 3945 Holcomb Bridge Road, Ste. 100
 Newnan, GA 30265 Norcross, GA 30092
 (770)502-0195/ fax 770-502-8729 (770)840-8045/ fax 770-840-8146

Peachtree City (H) Roswell (H)
 3200 Shakerag Hill, Ste C 24 East Crossville Rd., Suite 150
 Peachtree City, GA 30269 Roswell, GA 30075
 (770)487-0760/ fax 770-487-0815 (678)822-0721/ fax 678-822-0724

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Smyrna/Vinings Stockbridge/Peridot Pkwy
4579 South Cobb Dr., Suite 100 9050 Peridot Pkwy., Suite E
Smyrna, GA 30080 Stockbridge, GA 30281
(770)436-3665/ fax 770-436-0886 (770)474-0540/ fax 770-507-0506

Suwanee/John's Creek Woodstock (Spanish) (H)
4045 John's Creek Pkwy., Bldg. B, Ste A 655 Molly Lane, Suite 100
Suwanee, GA 3024 Woodstock, GA 30189
(678)206-6061/ fax 678-206-6064 (770)517-1080/ fax 770-517-1083

1. Key Points to Remember

- ? Take with you to the appointment the attached referral and clinical information.
- ? The provider may cancel your appointment if you do not have a current referral for your appointment.
- ? Your referral is for the specific diagnosis or condition it states. If other related medical conditions arise, please see your primary care physician.
- ? Your referral is good for the days and visits specified.

If you have questions about your referral, please call your primary care physician.

Referral Number:
205193769

Priority:
Routine

Begin Date:
08/05/2020

End Date:
02/01/2021

Visits:

Visits based on members benefit. Call Member Services Department at (404) 261-2590 OR 1-888-865-5813 or TTY/TDD 1-800-255-0056 to determine visits allowed.

Diagnoses:

719.46 (ICD-9-CM) - M25.561 (ICD-10-CM) - RIGHT KNEE JOINT PAIN

Procedures:

(Canceled) 239236 - REFERRAL FAMILY PRACTICE EXTERNAL.
97161 (CPT®) - PHYSICAL THERAPY EVALUATION LOW COMPLEX 20 MINS
97162 (CPT®) - PHYSICAL THERAPY EVALUATION MOD COMPLEX 30 MINS
97163 (CPT®) - PHYSICAL THERAPY EVALUATION HIGH COMPLEX 45 MINS
97164 (CPT®) - PHYSICAL THERAPY RE-EVAL EST PLAN CARE 20 MINS

Primary Care Physician:
DEAN, DO, KENYATTA V

Member Office:
GWINNETT MEDICAL OFFICE CENTER [19]

Physician Comment Note:
Enter specific procedure/service requested and details for this EXTERNAL REFERRAL: right knee pain after fall, please evaluate and treat to alleviate pain

NONDISCRIMINATION NOTICE

Printed by SHEFFIELD, KAREN E [P808244]

60577109_ACA_1557_MarCom_GA_2017_Taglines

Hindi

????? ??? ???? ???? ???? ???? ???? ???? ???? ???? ????
 ?????? ???? 1-888-865-5813 (TTY: 711) ? ? ? ? ?

Japanese

????????????????????????????????
 1-888-865-5813 TTY: 711 ?????????????????

Korean

?: ???? ???? ?, ? ? ???? ???? ???? ? ???? 1-888-865-5813 (TTY: 711)
 ? ? ? ? ?

Navajo

Díí baa akó nínízin: Díí saad bee yání'ti'go Diné Bizaad, saad bee
 áká'ánída'áwo'dé'é', t'áá jiik'eh, éí ná hóló?, koji?' hódíílnih
 1-888-865-5813
 (TTY: 711).

Portuguese

ATENÇÃO: Se fala português, encontram-se disponíveis serviços
 linguísticos, grátis. Ligue para 1-888-865-5813 (TTY: 711).

Russian

АІІІАІІА: аһеә аһ аһаһеәә іа ооһһеіі үçуеә, оі ааі аһһооіііу аһһеәәоіуә
 оһеәәә іаәаһаһәә. Çаһеәә 1-888-865-5813 (TTY: 711).

Spanish

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de
 asistencia lingüística. Llame al 1-888-865-5813 (TTY: 711).

Tagalog

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga
 serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-888-865-5813
 (TTY: 711).

Vietnamese

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí
 dành cho bạn. Gọi số 1-888-865-5813 (TTY: 711).

60577109_ACA_1557_MarCom_GA_2017_Tagline

Note Type: QRM Initial Review *Entered By: WATT, TENILLE N. on 08/05/2020
 Summary: Referral processed for PT
 Referral processed for PT

Note Type: Provider Comments Entered By: DEAN, KENYATTA on 08/05/2020
 Summary: Provider Comments
 Enter specific procedure/service requested and details for this EXTERNAL
 REFERRAL: right knee pain after fall, please evaluate and treat to
 alleviate pain

Printed by SHEFFIELD, KAREN E [P808244]

CaseID: 00012021658157**Patient:** Menefee, Kellie**BirthDate:** [REDACTED]**Injury Date:** 08/05/2020**Admit Date:** 08/10/2020**Responsible Clinician:****Current Visit:** 1**Risk-Adjusted Predictors (RAPs)****Age:** 54**Gender:** F**Acuity:** Acute (0-7 days Injury-Admit)**Financial Services Class:** HMO/PPO**Surgery Status:** No Surgical Date found ? Verify Non-Surg**Body Part:** No Dx found ? please complete in TS**Diagnostic Severity:** No Dx found ? please complete in TS**Functional Severity at Admit/Initial:** 13.75 (see grid below)**PRO Instrument:****LEFS****Today's Score:** 13.75**FLR Gcode Modifier:****80% to less than 100% impaired (CM)**

The above RAPs are what was available when this survey was submitted. Please validate the above are accurate and complete, as PROjections below are based on these variables and values. If changes are to be made, make them in TherapySource, so future PRO's submitted for this patient case will therefore reflect a more accurate PROjection.

Dates	08/11/2020
VisitType	admit
VisitNumber	1
GCodeModifier	CM:80% -< 100%impaired
PercentScore	13.75
TotalRaw	11.00
UsualWork	0
UsualHobby	0
Bath	0
WalkRooms	1
ShoesSocks	2
Squatting	0
Lifting	2
LightActivity	0
HeavyActivity	0
IntoCar	0
Walking2blocks	0
WalkingMile	0
Stairs	0
Standing1hour	0
Sitting1hour	4
RunningEvenGround	0
RunningUNEEvenGround	0
SharpTurnRunning	0
Hopping	0
RollingOver	2

For more information/research about this measurement tool, please visit the Outcomes Research Library [here](#).

Please note this is a **ability** index. As such, scores are expected to increase over the course of treatment.

The MDC for the LEFS = 11.25%points or 9 RAW points at C.I. of 90%

Patient Reported Outcomes (PRO) Report**Today's Visit:** 08/11/2020**CaseID:** 00012021658157**Patient:** Menefee, Kellie**PRO Instrument:** LEFS

Important Note: Until All RAP variables are complete (see top of page 1), the PROjections indicated on this page are not valid and may shift.

PROjection: Efficiency and Effectiveness

	Effectiveness			Efficiency
	PRO Score	GCode Modifier	MDC's Reached	Visits
Admit/Initial	13.75	CM:80% -< 100% impaired	0	1
This Visit	13.75	CM:80% -< 100% impaired	0	1
PROjection	53.28	CK:40% -< 60% impaired	3	14

The table above indicates the PROjection values (in green) based on the Risk Adjusted Predictors (RAPs) identified on Page 1. It also indicates the actual values this patient achieved at admit (in white) as well as where they are currently (in blue).

The MDC (Minimal Detectable Change) is the minimum amount of change in a patient's score that ensures the change isn't the result of measurement error. For the the MDC is undefined% points.

It should be noted that prediction tools based on retrospective data are meant to provide guidance for clinicians and patients, and are not at all intended to supersede a clinician's skilled assessment of the unique aspects of each patient case.

PROjection: Trended Function to Date

The chart above indicates the current progression of functional ability/disability levels thru the progression of the patient case, per the scores on the patient reported outcome (PRO). The PROjection of the expected functional level at discharge has been provided per the large green dot on the chart.

PROjections are in Beta testing, based on research conducted in 2015.



Physiotherapy Associates
966-A Killian Hill Road
Lilburn, GA, USA, 30047
Phone: (770) 923-4815, Fax: (770) 923-0901

Patient:	Kellie L. Menefee	Visit Date:	Aug 11, 2020
Acct #:	032R140913539		
DOB:	[REDACTED]		
Clinician:	Robert F. Gonzales, PT, DPT		
Prim Phy:	Kenyatta V. Dean DO		
Phy Phone:	(404) 364-7000	Insured:	Not Specified
Phy Fax:	(770) 931-6036	Employer:	None given
Sec Phy:	Not Specified	Case Mgr:	Not Specified
Inj. Date:	7/31/2020	Visits:	1
Surg. Date:	Not Specified	Cx/Us:	0

Initial Evaluation

Diagnosis

Right Knee M25.561 Pain in right knee

General Information

Patient has been identified as a fall risk at the time of this evaluation therefore requiring close supervision in clinic.

History of Injury:

- Patient presents with R knee pain after suffering a fall at Wal-Mart due to a wet surface on July 31, 2020. Patient had an x-ray at urgent care, negative for fractures. patient had swelling and bruising. patient uses an ice pack and elevation to decrease the swelling. Patient has difficulty with stair navigation and requires use of rails. Antalgic gait and limited endurance to standing activities. no complaints of knee buckling since fall

Patient / Concerns / Goals:

- Patient's goal is to get back to being normal

Subjective Examination

Right Knee

Chief Complaint: Pain: Severity:

- At Best 6/10
- At Worst 9/10

Mechanism of Injury:

- Primary Episode: Traumatic: Fell.

Rehabilitation Expectations/Goals:

- Return to Age Appropriate Activities: Unrestricted/Symptom Free.

ADL / Functional Status:

- Premorbid Status: ADL/ IADL: Independent Without Difficulty.

ADL / Functional Status: Current Status: ADL/ IADL: Activities:

- Climbing one step at a time and needs rails
- Driving/Traveling increased R knee pain immediately, has been limiting her driving
- Forward Bending uses a reacher to gather items from the floor
- Housework- Light increased difficulty with laundry
- Transitional Activities activity modification when transitioning from a low surface
- Vacuum/Sweeping/Mopping increased pain with sweeping
- Walking increased pain after first 5 minutes

The medical history questionnaire has been completed and signed by the patient, reviewed by the evaluating therapist, and is on file. The patient has read and signed the Patient Rights and Consent for Treatment forms, have been reviewed by the evaluating therapist, and are on file.

Functional Comorbidity Index: Body Measurements:

- Height (in) 67 Inches
- Weight (lbs) 160 Pounds
- Body Mass Index - Calculated 25.1

Objective Examination

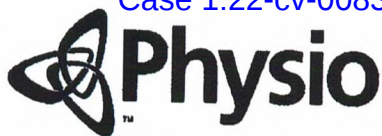
Right Knee

Range of Motion: Knee: Pre-Treatment:

- | | |
|-------------|-------------------|
| • Extension | Right AROM |
| • Flexion | 1 |
| | 115 |

Muscle Testing: Lower Extremity MMT:

Right



Physiotherapy Associates
966-A Killian Hill Road
Lilburn, GA, USA, 30047
Phone: (770) 923-4815, Fax: (770) 923-0901

Patient:	Kellie L. Menefee	Visit Date:	Aug 11, 2020
Acct #:	032R140913539		
DOB:	[REDACTED]		
Clinician:	Robert F. Gonzales, PT, DPT		
Prim Phy:	Kenyatta V. Dean DO		
Phy Phone:	(404) 364-7000	Insured:	Not Specified
Phy Fax:	(770) 931-6036	Employer:	None given
Sec Phy:	Not Specified	Case Mgr:	Not Specified
Inj. Date:	7/31/2020	Visits:	1
Surg. Date:	Not Specified	Cxl/Ns:	0

Plan of Care

Diagnosis

Right Knee M25.561 Pain in right knee

Subjective Examination

Right Knee

The medical history questionnaire has been completed and signed by the patient, reviewed by the evaluating therapist, and is on file.

ADL / Functional Status:

- Premorbid Status: ADL/ IADL: Independent Without Difficulty.

ADL / Functional Status: Current Status: ADL/ IADL: Activities:

- | | |
|---------------------------|--|
| • Climbing | one step at a time and needs rails |
| • Driving/Traveling | increased R knee pain immediately, has been limiting her driving |
| • Forward Bending | uses a reacher to gather items from the floor |
| • Housework- Light | increased difficulty with laundry |
| • Transitional Activities | activity modification when transitioning from a low surface |
| • Vacuum/Sweeping/Mopping | increased pain with sweeping |
| • Walking | increased pain after first 5 minutes |

Chief Complaint: Pain: Severity:

- | | |
|------------|------|
| • At Best | 6/10 |
| • At Worst | 9/10 |

Functional Comorbidity Index: Body Measurements:

- | | |
|--------------------------------|------------|
| • Height (in) | 67 Inches |
| • Weight (lbs) | 160 Pounds |
| • Body Mass Index - Calculated | 25.1 |

Mechanism of Injury:

- Primary Episode: Traumatic: Fell.

Rehabilitation Expectations/Goals:

- Return to Age Appropriate Activities: Unrestricted/Symptom Free.

Assessment

The patient requires skilled physical therapy to address the problems identified, and to achieve the individualized patient goals as outlined in the problems and goals section of this evaluation. Overall rehabilitation potential is good. The patient was educated regarding their diagnosis, prognosis, related pathology & plan of care. The patient demonstrates a good understanding of the risks, benefits, precautions/contraindications, & prognosis of their skilled rehabilitation program.

patient presents with muscle guarding during PROM and patellar joint assessment. patient with tenderness near quad tendon and with increased muscle tightness at gastroc and soleus. patient with altered gait mechanics and limited tolerance to ADLs that require standing or walking. patient with pain during sit to stand transfers and picking up objects from the floor. patient will benefit from therapy to progress functional mobility closer to baseline with less pain during ADLs

Recommendations:

- Decrease Pain. Improve Balance. Improve Function. Improve Motor Control. Increase Range of Motion. Increase Strength.

Problems & Goals

Right Knee

Problem #1

Range of Motion: Knee: Pre-Treatment.

- Extension
- Flexion

Right AROM

1
115

Patient: Kellie L. Menefee
 Acct #: 032R140913539
 DOB: [REDACTED]

Visit Date: Aug 11, 2020

LTG Achieve by Sep 22, 2020.

Range of Motion Improvements to: Knee:

- Extension
- Flexion

Right AROM

0
125

Problem #2

Muscle Testing: Lower Extremity MMT.

- Hip Abduction:
- Hip Flexion
- Knee Extension
- Knee Flexion

Right

-4/5
3/5
+3/5
+3/5

LTG Achieve by Sep 22, 2020.

Musculoskeletal Improvements In: Lower Extremity Strength to:

- Hip Abduction:
- Hip Flexion
- Knee Extension
- Knee Flexion

Right

+4/5
+4/5
5/5
5/5

Problem #3

ADL / Functional Status: Current Status: ADL/ IADL: Activities.

- Climbing
- Driving/Traveling
- Forward Bending
- Housework- Light
- Transitional Activities
- Vacuum/Sweeping/Mopping
- Walking

one step at a time and needs rails
 increased R knee pain immediately, has been limiting her driving
 uses a reacher to gather items from the floor
 increased difficulty with laundry
 activity modification when transitioning from a low surface
 increased pain with sweeping
 increased pain after first 5 minutes

LTG Achieve by Sep 22, 2020.

ADL Improvements In: Activities:

- Climbing
- Driving/Traveling
- Forward Bending
- Housework- Light
- Transitional Activities
- Walking

able to ascend/descend stairs with reciprocal pattern
 will be able to drive for 30 minutes without increase in pain
 will be able to get item from floor < 5 lbs without increase in pain
 will be able to get laundry out without increase in pain
 will be able to perform sit to stand without use of UEs and no increase in pain
 will be able to walk for 30 minutes without increase in pain

Problem #4

Chief Complaint: Pain: Severity.

- At Best
- At Worst

6/10
9/10

LTG Achieve by Sep 22, 2020. at worst

Symptomatic Improvements:

- Decreasing Pain: to 3/10.

Problem #5

Gait/Locomotion: Antalgic gait. decreased stance time on R LE and asymmetrical step length

LTG Achieve by Sep 22, 2020.

Improve Gait/Weight Bearing:

- To Normal/Unassisted Levels.

Plan

Right Knee

The goals and plan were discussed with the patient and/or family and they concur. The patient and/or family were instructed to call therapist regarding problems or questions. The patient was instructed in the independent performance of a home exercise program that addresses the problems and achieving the goals outlined in the plan of care.

Patient: Kellie L. Menefee
Acct #: 032R140913539
DOB: [REDACTED]

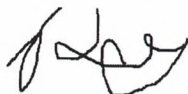
Visit Date: Aug 11, 2020

Amount, Frequency and Duration:

- Frequency and Duration: It is recommended that the patient attend rehabilitative therapy for 2 visits a week with an expected duration of 6 weeks. The outlined therapeutic procedures and services in the plan of care will address the problems and goals identified.

Therapeutic Contents:

- Active Assistive Range of Motion Activities. Active Range of Motion Activities. Client Education. Gait Training. Group Therapy. Home Exercise Program. Joint Mobilization Techniques. Manual Range of Motion Activities. Manual Therapy Techniques. Joint Protection. Modalities: As Needed. Neural Mobilization Techniques. Neuromuscular Re-education. Passive Range of Motion Activities. Proprioceptive/Closed Kinetic Chain Activities. Self Care/Home Management. Soft Tissue Mobilization Techniques. Stretching/Flexibility Activities. Therapeutic Activities. Therapeutic Exercise.



Robert F. Gonzales, PT, DPT, PT(GA Lic: PT013172)
Signed on Aug 11, 2020 14:12:05

Please Sign and Return

I have reviewed the Plan of Care established for skilled therapy services and certify that the services are required and that they will be provided while the patient is under my care.

Comments/Revisions

Kenyatta V. Dean DO

Date

Print Name and Credentials

Patient: Kellie L. Menefee

DOB: Nov 08, 1965

Facility Fax: (770) 923-0901

Patient: Kellie L. Menefee
Acct #: 032R140913539
DOB: [REDACTED]

Visit Date: Aug 11, 2020

LTG Achieve by Sep 22, 2020.

Improve Gait/Weight Bearing:

- To Normal/Unassisted Levels.

Plan

Right Knee

Therapeutic Contents:

- Active Assistive Range of Motion Activities. Active Range of Motion Activities. Client Education. Gait Training. Group Therapy. Home Exercise Program. Joint Mobilization Techniques. Manual Range of Motion Activities. Manual Therapy Techniques. Joint Protection. Modalities: As Needed. Neural Mobilization Techniques. Neuromuscular Re-education. Passive Range of Motion Activities. Proprioceptive/Closed Kinetic Chain Activities. Self Care/Home Management. Soft Tissue Mobilization Techniques. Stretching/Flexibility Activities. Therapeutic Activities. Therapeutic Exercise.

Amount, Frequency and Duration:

- Frequency and Duration: It is recommended that the patient attend rehabilitative therapy for 2 visits a week with an expected duration of 6 weeks. The outlined therapeutic procedures and services in the plan of care will address the problems and goals identified.

The goals and plan were discussed with the patient and/or family and they concur. The patient and/or family were instructed to call therapist regarding problems or questions. The patient was instructed in the independent performance of a home exercise program that addresses the problems and achieving the goals outlined in the plan of care.



Robert F. Gonzales, PT, DPT, PT(GA Lic: PT013172)
Signed on Aug 11, 2020 14:12:05

Patient: Kellie L. Menefee
 Acct #: 032R140913539
 DOB: [REDACTED]

Visit Date: Aug 11, 2020

- Hip Abduction:
- Hip Flexion
- Knee Extension
- Knee Flexion

-4/5
 3/5
 +3/5
 +3/5

Special Tests: Knee: Musculoskeletal: Ligamentous/Capsular:

- Anterior Drawer
- Posterior Drawer
- Valgus - 0 deg
- Varus - 0 deg

Right
 Negative
 Negative
 Negative
 Negative

Joint Integrity/Mobility: Knee:

- Inferior Patellar Glide
- Lateral Patellar Glide
- Medial Patellar Glide
- Superior Patellar Glide

Right
 Normal
 Hypomobile/Painful
 Hypomobile/Painful
 Hypomobile/Painful

Gait/Locomotion:

- Antalgic gait. decreased stance time on R LE and asymmetrical step length

Palpation: Musculature: Tenderness:

- Gastroc Muscle Belly
- Hamstring Muscle Belly
- Quadriceps

Right
 1=Complaint of pain
 0=No tenderness noted
 1=Complaint of pain

Treatments

Right Knee

Therapy Session Time

- Therapy Session Start Time
- Therapy Session Stop Time
- Total Therapy Session Time

08/11/2020 01:00 AM
 08/11/2020 02:00 AM
 60 Minutes

Pt./Family Education:

- Patient Education 1

Time Elapsed: 15 Minutes, Description: edu on HEP, handout provided, role of therapy, POC, frequency, symptoms, exercise rationale, Charge As: Self Care / Home Mgt Training, Performed by: Robert F Gonzales, PT, DPT, 15 Minutes.

Exercise Activities: Aerobic Conditioning:

- Recumbent Bicycle

Time Elapsed: 5 Minutes, Level: 0, Charge As: Therapeutic Activities, Performed by: Robert F Gonzales, PT, DPT, 5 Minutes.

Modalities:

- Moist Hot Pack

Time Elapsed: 8 Minutes, Location: Anterior/Posterior, Clinical Use: Pre Activity, Charge As: No Charge, Performed by: Robert F Gonzales, PT, DPT, 8 Minutes.

Exercise Activities: Range of Motion:

- Heel Slides

Time Elapsed: 3 Minutes, Type: Active-Assisted, Additional Detail: with green strap, Charge As: Therapeutic Exercise, Performed by: Robert F Gonzales, PT, DPT, 3 Minutes.

Exercise Activities: Isotonics:

- Heel Raises.

Time Elapsed: 3 Minutes, Weight - Pounds: Body Weight Pounds, Charge As: Therapeutic Activities, Performed by: Robert F Gonzales, PT, DPT, 3 Minutes.

- Straight Leg Raises - Flexion

Time Elapsed: 3 Minutes, Position: Supine, Charge As: Therapeutic Activities, Performed by: Robert F Gonzales, PT, DPT, 3 Minutes.

Exercise Activities: Flexibility:

- Gastrocnemius Muscle

Time Elapsed: 3 Minutes, Side: R, Technique: Passive, Subtalar Position: neutral, Body Position: Standing, Charge As: Therapeutic Exercise, Performed by: Robert F Gonzales, PT, DPT, 3 Minutes.

Documented Procedural Code Summary:

Description	Code	Units	Minutes
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Document ID: 78800E2D.001

Robert F. Gonzales, PT, DPT, PT(GA Lic: PT013172)

Status: Signed off (secure electronic signature)

Patient: Kellie L. Menefee
 Acct #: 032R140913539
 DOB: [REDACTED]

Visit Date: Aug 11, 2020

• Evaluation, Low Complexity	97161	1	n/a
• Self Care/Home Management Training	97535	1	15
• Therapeutic Activities	97530	1	11
• Therapeutic Procedure	97110	1	6

Assessment

Recommendations:

- Decrease Pain. Improve Balance. Improve Function. Improve Motor Control. Increase Range of Motion. Increase Strength.

The patient requires skilled physical therapy to address the problems identified, and to achieve the individualized patient goals as outlined in the problems and goals section of this evaluation. Overall rehabilitation potential is good. The patient was educated regarding their diagnosis, prognosis, related pathology & plan of care. The patient demonstrates a good understanding of the risks, benefits, precautions/contraindications, & prognosis of their skilled rehabilitation program.

patient presents with muscle guarding during PROM and patellar joint assessment. patient with tenderness near quad tendon and with increased muscle tightness at gastroc and soleus. patient with altered gait mechanics and limited tolerance to ADLs that require standing or walking. patient with pain during sit to stand transfers and picking up objects from the floor. patient will benefit from therapy to progress functional mobility closer to baseline with less pain during ADLs

Problems & Goals

Right Knee

Problem #1

Range of Motion: Knee: Pre-Treatment.

LTG Achieve by Sep 22, 2020.

Range of Motion Improvements to: Knee:

- Extension
- Flexion

Right AROM

0
125

Problem #2

Muscle Testing: Lower Extremity MMT.

LTG Achieve by Sep 22, 2020.

Musculoskeletal Improvements In: Lower Extremity Strength to:

- Hip Abduction:
- Hip Flexion
- Knee Extension
- Knee Flexion

Right

+4/5
+4/5
5/5
5/5

Problem #3

ADL / Functional Status: Current Status: ADL/ IADL: Activities.

LTG Achieve by Sep 22, 2020.

ADL Improvements In: Activities:

- Climbing
- Driving/Traveling
- Forward Bending
- Housework- Light
- Transitional Activities

able to ascend/descend stairs with reciprocal pattern
 will be able to drive for 30 minutes without increase in pain
 will be able to get item from floor < 5 lbs without increase in pain
 will be able to get laundry out without increase in pain
 will be able to perform sit to stand without use of UEs and no increase in pain
 will be able to walk for 30 minutes without increase in pain

Problem #4

Chief Complaint: Pain: Severity.

LTG Achieve by Sep 22, 2020. at worst

Symptomatic Improvements:

- Decreasing Pain: to 3/10.

Problem #5

Gait/Locomotion: Antalgic gait. decreased stance time on R LE and asymmetrical step length



Physiotherapy Associates
966-A Killian Hill Road
Lilburn, GA, USA, 30047
Phone: (770) 923-4815, Fax: (770) 923-0901

Patient:	Kellie L. Menefee	Visit Date:	Aug 18, 2020
Acct #:	032R140913539		
DOB:	[REDACTED]		
Clinician:	Robert F. Gonzales, PT, DPT		
Prim Phy:	Kenyatta V. Dean DO	Insured:	Not Specified
Phy Phone:	(404) 364-7000	Employer:	None given
Phy Fax:	(770) 931-6036	Case Mgr:	Not Specified
Sec Phy:	Not Specified	Visits:	2
Inj. Date:	7/31/2020	Cxl/Ns:	0
Surg. Date:	Not Specified		

Daily Note

Diagnosis

Right Knee M25.561 Pain in right knee

General Information

Patient has been identified as a fall risk at the time of this evaluation therefore requiring close supervision in clinic.

History of Injury:

- Patient presents with R knee pain after suffering a fall at Wal-Mart due to a wet surface on July 31, 2020. Patient had an x-ray at urgent care, negative for fractures. patient had swelling and bruising. patient uses an ice pack and elevation to decrease the swelling. Patient has difficulty with stair navigation and requires use of rails. Antalgic gait and limited endurance to standing activities. no complaints of knee buckling since fall

Patient / Concerns / Goals:

- Patient's goal is to get back to being normal

Subjective Examination

Right Knee

Chief Complaint: Pain: Severity:

- At Best 6/10
- At Worst 9/10

Mechanism of Injury:

- Primary Episode: Traumatic: Fell.

Rehabilitation Expectations/Goals:

- Return to Age Appropriate Activities: Unrestricted/Symptom Free.

ADL / Functional Status:

- Premorbid Status: ADL/ IADL: Independent Without Difficulty.

ADL / Functional Status: Current Status: ADL/ IADL: Activities:

- Climbing one step at a time and needs rails
- Driving/Traveling increased R knee pain immediately, has been limiting her driving
- Forward Bending uses a reacher to gather items from the floor
- Housework- Light increased difficulty with laundry
- Transitional Activities activity modification when transitioning from a low surface
- Vacuum/Sweeping/Mopping increased pain with sweeping
- Walking increased pain after first 5 minutes

The medical history questionnaire has been completed and signed by the patient, reviewed by the evaluating therapist, and is on file. The patient has read and signed the Patient Rights and Consent for Treatment forms, have been reviewed by the evaluating therapist, and are on file.

Functional Comorbidity Index: Body Measurements:

- Height (in) 67 Inches
- Weight (lbs) 160 Pounds
- Body Mass Index - Calculated 25.1

Objective Examination

Right Knee

Range of Motion: Knee: Pre-Treatment:

- Extension 1
- Flexion 115

Muscle Testing: Lower Extremity MMT:

Right

Patient: Kellie L. Menefee
 Acct #: 032R140913539
 DOB: [REDACTED]

Visit Date: Aug 18, 2020

- Hip Abduction:
- Hip Flexion
- Knee Extension
- Knee Flexion

-4/5
 3/5
 +3/5
 +3/5

Special Tests: Knee: Musculoskeletal: Ligamentous/Capsular:

- Anterior Drawer
- Posterior Drawer
- Valgus - 0 deg
- Varus - 0 deg

Right
 Negative
 Negative
 Negative
 Negative

Joint Integrity/Mobility: Knee:

- Inferior Patellar Glide
- Lateral Patellar Glide
- Medial Patellar Glide
- Superior Patellar Glide

Right
 Normal
 Hypomobile/Painful
 Hypomobile/Painful
 Hypomobile/Painful

Gait/Locomotion:

- Antalgic gait, decreased stance time on R LE and asymmetrical step length

Palpation: Musculature: Tenderness:

- Gastroc Muscle Belly
- Hamstring Muscle Belly
- Quadriceps

Right
 1=Complaint of pain
 0=No tenderness noted
 1=Complaint of pain

Treatments

Right Knee

Pt./Family Education:

- Patient Education 1

Time Elapsed: 4 Minutes, Description: review of HEP, Charge As: Self Care / Home Mgt Training, Performed by: Robert F Gonzales, PT, DPT, 4 Minutes.

Exercise Activities: Aerobic Conditioning:

- Recumbent Bicycle(8' performance)

Time Elapsed: 1 Minutes, Level: 0, Charge As: Therapeutic Activities, Performed by: Robert F Gonzales, PT, DPT, 1 Minutes.

Modalities:

- Cryotherapy

Time Elapsed: 6 Minutes, Location: Anterior/Posterior, Clinical Use: Post Activity, Charge As: No Charge, Performed by: Robert F Gonzales, PT, DPT, 6 Minutes.

Did Not Perform: This visit

- Moist Hot Pack(This visit)

Exercise Activities: Range of Motion:

- Heel Slides(This visit)

Did Not Perform: This visit

Exercise Activities: Isotonics:

- Heel Raises.(3' performance)

Time Elapsed: 1 Minutes, Weight - Pounds: Body Weight Pounds, Charge As: Therapeutic Activities, Performed by: Robert F Gonzales, PT, DPT, 1 Minutes.

- Straight Leg Raises - Flexion

Time Elapsed: 4 Minutes, Weight - Pounds: 1 Pounds, Position: Supine, Group Therapy, Charge As: Group Therapy, Performed by: Robert F Gonzales, PT, DPT, 4 Minutes.

- Straight Leg Raises-Abduction(4' performance)

Time Elapsed: 1 Minutes, Weight - Pounds: 1 Pounds, Position: Sidelying, Charge As: Therapeutic Exercise, Performed by: Robert F Gonzales, PT, DPT, 1 Minutes.

Exercise Activities: Flexibility:

- Gastrocnemius Muscle(4' performance)

Time Elapsed: 1 Minutes, Side: R, Technique: Passive, Subtalar Position: neutral, Body Position: Standing, Charge As: Therapeutic Exercise, Performed by: Robert F Gonzales, PT, DPT, 1 Minutes.

- Hamstring Muscle(4' performance)

Time Elapsed: 1 Minutes, Technique: Active, Body Position: Supine, Hold.: 10 Seconds, Charge As: Therapeutic Exercise, Performed by: Robert F Gonzales, PT, DPT, 1 Minutes.

Therapy Session Time